

Dear Parent,

**It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings. – Anne Landers**

This is precisely what **Pragathi Central Schools** emphasise on. Our children must be the exemplars of future generation in acts of responsibility, sharing, caring, humility and kindness for the family and community. It strongly believes that inculcating true sense of responsibility towards their work and the family is an essential part of the 'growing-up' years.

### PROJECT – 1

#### TIME MANAGEMENT – HOW TO PUT YOUR TIME TO PRODUCTIVE USE

A landmark Harvard study, spanning 75 years, reveals that kids who consistently do chores are more likely to grow into successful, happy and well-adjusted adults. The research shows that teaching responsibility through age-appropriate tasks at home builds crucial life skills such as self esteem, work ethics, accountability and teamwork.

The study concluded that children who do chores from a young age are more successful later in life and happier.

**Please make a time table of yours with the chores listed below:**

1. Cleaning the water bottle. **(Compulsory-to be done every day)**
2. Making the bed after waking up and folding the blanket. **(Compulsory- to be done every day)**
3. Folding the clothes / cleaning the plates and tumbler / watering plants/ learn to do the dishes / sweeping – **any three to be done every day)**
4. DEAR Time (Read the stories from English Sem-1 T.B.) **(Compulsory)**
5. Nap time **(2.00 pm to 4.00 pm) (compulsory)**
6. Recreation – Playing / watching TV
7. Dinner time (help your parents clear the dishes and clean the table)

### BASIC COOKING SKILLS

- Children understand the essential idea of nutritional foods, kitchen cleanliness, healthy food choices, etc.
- These basic cooking ideas **MUST BE DONE UNDER CLOSE PARENTAL MONITORING AND STRICT SUPERVISION.**

**Note : Children must not be allowed alone into the kitchen.**

**Activities :**

1. Prepare beverage like-Lemonade/Buttermilk and serve family members.  
**(Compulsory to be done every day)**
2. Veg and fruit salad / Sandwich / Sprouts salad
3. Peeling / Grating vegetables and fruits.

### PROJECT – 2

#### NON-DOMINANT HAND ACTIVITIES

Practising the use of the non-dominant hand has several benefits for children, both physically and cognitively. Here's why it's a great exercise during vacations and beyond:

##### **1. Enhances Brain Development :**

Using the non-dominant hand strengthens connections between the left and right hemispheres of the brain. It improves neuroplasticity, helping children develop new skills faster.

##### **2. Improves Coordination & Motor Skills :**

Helps with fine motor control (writing, cutting, buttoning shirts, etc.). Enhances eye-hand coordination needed for sports and daily tasks.

##### **3. Boosts Creativity & Problem-Solving :**

Activates different areas of the brain, leading to better thinking and creativity. Encourages children to find new ways to complete tasks and improving adaptability.

##### **4. Strengthens Ambidexterity :**

Makes children more comfortable using both hands, which is useful for activities like playing instruments, sports, and multitasking. Helps if one hand gets injured, allowing them to continue daily tasks with ease.

##### **5. Increases Patience & Focus :**

Increases Patience & Focus the challenge of using the non-dominant hand teaches patience and persistence. Requires greater concentration, which can enhance focus in other areas of life.

## 6. Prepares for Real-World Applications :

Many careers and hobbies (sports, art, surgery, music, gaming) require good control of both hands.  
Makes children more adaptable and capable in different situations.

### Activities :

- Write one point everyday from the code of conduct. (Ref : School diary)
- Buttoning shirt
- Brushing teeth
- Eating with spoon
- Drawing and Colouring
- Turning the pages one at a time.

### PROJECT – 3

#### LIFE SKILLS

Practising Life Skills during vacation helps children develop independence, confidence, and essential abilities for daily life.

### Topics :

- (i) Stranger danger
- (ii) Mindful eating

#### Follow 3 'S's :

- Eat Slowly
- Eat Small bites
- Eat Silently

#### Follow EWWTPP :

Eat Without Watching T.V., Tab and Phone.

- (iii) Anti bullying
- (iv) How to be a good guest and a good host



**Note :** 1) Allow your kids teach the above Life Skills which they learnt in the school to their group of cousins / family members and friends.

2) While explaining click pictures and make a collage.

### PROJECT – 4

#### GROW YOUR OWN KITCHEN GARDEN

To boost confidence, essential life skills, environmental responsibility and creativity.

### Benefits of Children Growing Their Own Kitchen Garden:

1. **Encourages Healthy Eating** : Kids are more likely to eat fresh, homegrown vegetables.
2. **Teaches Responsibility** : Caring for plants helps build patience and accountability.
3. **Enhances Motor Skills** : Activities like planting, watering, and harvesting improve confidence & love for plants.
4. **Promotes Reuse & Recycling** : Growing methi, coriander, and onion springs/sprouts in reused containers/plastic bags/pots, etc. This teaches eco-friendly habits.
  - Do not forget to collect the everyday kitchen waste such as veg peels, rice water, used tea powder, etc.,
5. **Provides a Fun & Engaging Hobby** : Gardening reduces stress and encourages creativity.

**Safety Tip :** • Do not place plants on balcony walls or at a height, as it can be very risky for children when trying to water the plants.

- Place plants on the floor to avoid any risk or falls.

#### ONCE A WEEK ACTIVITIES

- Start from sowing the seeds to seeing the plants grow.
- Once a week click a picture and make a **collage of your kitchen garden** after 5 weeks.

### PROJECT - 5

**"A penny saved is a penny earned" - Benjamin Franklin**

#### SUMMER SAVINGS ACTIVITY

Teaching children to save money during vacation helps them develop financial responsibility , understand the value of money, and learn sensible spending alongside. Preparing kids to manage finances in the future in an effective manner.

- **How to save** : Set aside a small amount of money (**less than ₹10**) each day and put it into your **piggy bank**.
- **Goal**: On the **last Sunday of your summer holiday**, open your piggy bank and count how much you have saved.
- **Next Step**: Hand over the collected money to your **mother or father** and ask them to deposit it into their bank account.

**Happy Saving! Every small step towards managing money makes a big difference!**

## ACADEMIC HOME WORK

### ENGLISH

#### I. Write the meanings of the following idioms and use them in your own sentences. (Do it in H.W.) :

- 1) Like a fish out of water
- 2) In deep water or in hot water
- 3) Come hell or high water
- 4) Under the weather
- 5) Hit the sack
- 6) At the drop of a hat
- 7) Cost an arm and a leg

#### II. Words fun challenge :

Make 5 words from each of these given words

1. misinterpretations	6. discombobulate	11. fundamentally
2. simultaneously	7. uncharacteristically	12. conversation
3. oblivious	8. Hypersensitiveness	13. disillusioned
4. impeccable	9. unintelligibilities	14. pernicious
5. voracious	10. subsequently	15. transcendent

Ex : **misinterpretations** : serpent, train, stations, inter, sister

#### III. READING AS AN ESSENTIAL HOBBY:

- Children can read any story book or else the list of books for Indian children to enjoy during vacation. These books include Indian authors and stories which reflect Indian culture, history, values and everyday life making them enjoyable and relatable for children.
  - Read any one story book of your choice from the given list.
    1. How I Taught My Grandmother to Read and Other Stories – Sudha Murty
    2. The Blue Umbrella – Ruskin Bond
    3. Swami and Friends – R.K. Narayan
  - Write a short summary in 5-6 sentences.
  - Who is your favourite character in the story ? Why ?

### SCIENCE

#### I. Every drop of water on the planet is precious.

Make a poster on 'Save Water Resources' and suggest a few tips. (Paste the poster in H.W. book)

#### II. We see various birds visiting our neighbourhood at different times of the year. Many people enjoy watching them and they are known as bird watchers but people who study them are known by a different name.

\* What are these people called ? Name a few of them.

\* Some birds travel to very far off places in order to survive. What is this called ? Name 6 birds which do so. Collect information and pictures to make a colourful presentation in H.W. book.

Name	Picture	Where do they live	Reason for migration
1.			

#### III. Learn the given new words :

### NEW WORDS

Le-2: ROCKS AND MINERALS			Le-3: ANIMALS AND PLANTS	
1. ig/ne/ous rocks	11. Bri/ha/desh/wa/ra	21. Li/quef/ied	1. Clas/si/fi/ca/tion	9. ae/s/ti/va/tion
2. Sed/i/ment/ta/ry	12. Than/ja/vur	22. al/u/min/i/um	2. Ver/te/br/al col/umn	10. hi/ber/na/tion
3. met/a/mor/phic	13. fos/sils	23. haem/a/tite	3. Skel/e/ton	11. pre/d/a/tors
4. mag/ma	14. shale	24. mag/ne/tite	4. am/phib/i/ans	12. scor/pi/ons
5. Vol/ca/no	15. con/glo/mer/ate	25. baux/ite	5. tem/per/a/ture	13. cen/ti/pede
6. Gran/ite	16. cal/cite	26. em/er/ald	6. cha/me/le/ons	14. a/nem/o/nes
7. Bas/alt	17. Me/ta/mor/pho/sis	27. Sap/phir/e	7. Stumpy	15. mo/ses
8. pum/ice	18. Gneiss	28. to/paz	8. flip/pers	16. cy/press
9. quartz	19. quartz/ite	29. ex/haust/ed		
10. feld/spar	20. swam/py			

## SOCIAL

- I. Write about Sunitha Williams.
- II. Mark major rivers, mountains, hills on a Physical Map of India.
- III. Learn the given new words :



### NEW WORDS

Le-2 : PARALLELS AND MERIDIANS		LE-3 MAJOR LANDFORM		
ima/gi/nary	Pri/me me/ri/di/an	Hi/ma/la/yas	Mo/ja/ve de/ser	Aus/tra/lia
La/ti/tu/de	Arc/tic cir/cle	Ara/va/llis	A/ta/ca/ma de/ser	New/zea/land
pa/ra/llels	An/tarc/tic cir/cle	Trans/por/ta/ti/on	Gre/at Vic/to/ria	Me/an/ders
me/ri/di/ans	Gre/en wick	De/ccan pla/teau	Nos/trils	Pra/yag/raj
eq/u/a/tor	Tro/pic of Ca/pri/corn	Ti/be/tan pla/teau	An/da/man & Ni/co/bar	Ri/shi/kesh
he/mis/phere	Ro/yal ob/ser/va/tory	Co/lo/ra/do pla/teau	Lak/sha/dweep	Tri/bu/ta/ries
Tro/pic of Can/cer	Lon/gi/tu/de	Me/xi/can pla/te/au	Sri/lan/ka	Tri/an/gu/lar
		Bo/li/vi/an pla/teau	Mal/di/ves	Brah/ma/pu/tra
		Ara/bian de/ser	Ma/da/gas/car	Sun/der/ban Del/ta
		Ka/la/ha/ri de/ser		

### MATH

1) **Project work** : Photo frame (surprise for mom this coming mother's day - 11<sup>th</sup> May, Sunday)

- Take a piece of square card board.
- Stick one colourful paper on it then divide into 4 equal parts.
- Pick a suitable picture stick it in  $\frac{1}{4}$  of the frame.
- Write/express a gratitude note on  $\frac{1}{4}$  of the frame.
- $\frac{2}{4}$  part of a frame can be painting of yours.

	Pic.
Gratitude Note	

2. Take an old calendar. Cut out any 6 digits from it and paste them on an A-4 size sheet.

- Form the smallest and the greatest 6-digit number using each digit once.
- Write the numbers on the same sheet.

3. Do the given worksheet.

5	x	6	=	
+		+		
8	+	2	=	
=		=		

	x		=	12
+		+		
	+		=	2
=		=		
5		4		

	+		=	2
x		+		
	+		=	7
=		=		
8		4		

	x		=	12
+		+		
	x		=	2
=		=		
3		2		

	-		=	5
-		+		
	-		=	7
=		=		
6		3		

	+		=	
x		+		
	+		=	
=		=		
6		4		

4. Learn tables upto 20.